

January 6, 2004

**Free Exercise Class Offered at Senior Center for People with Arthritis**

Do you have arthritis? Would you like a way to help relieve some of the pain that is associated with arthritis? Studies have found that physical activity can help alleviate some arthritis pain.

South Central District Health, Bridgeview Estates, Twin Falls Senior Center, and the Arthritis Foundation are partnering to offer the Arthritis Foundation's People with Arthritis Can Exercise (PACE) class at the Twin Falls Senior Center located at 530 Shoshone St. South. This free class is held on Mondays, Wednesdays, and Fridays from 1:30-2:30 p.m. New participants can register on-site at their first class.

Tami Pearson, a certified PACE instructor, leads participants through a series of specially designed range-of-motion and muscle-strengthening exercises. Increased flexibility, reduced pain and stiffness, increased muscle strength, and a better sense of well-being are among the benefits reported by participants in the program. The PACE program also provides an opportunity for people with arthritis to meet others and to have fun in a friendly and supportive atmosphere.

For more information on the PACE class, please call Susie Beem, Arthritis Program Coordinator for South Central District Health, at 734-5900, ext. 246.